REGINA metro®

NEWS WORTH SHARING.

Bubba-licious

Come back when you're older, kiddo: Bubba Watson takes second Masters title, depriving Jordan Spieth of chance to break record PAGE 14

UNDEAD AHEAD

TOM HIDDLESTON'S LATEST FILM IS ABOUT LOVE, TIME, ACCEPTANCE, CREATIVITY ... AND VAMPIRES PAGE 7

metro AR USE METRO AR TO SEE MORE

SPRING CHEER

Young girls dance in traditional dress on Sunday at Regina's Brandt Centre during the First Nations University of Canada's Spring Celebration Powwow. The annual two-day event included what organizing committee member Thomas Benjoe said were more than 700 aboriginal dancers from Saskatchewan and from as far away as Arizona, Oklahoma and California. Several thousand paying spectators took in the celebration marking the beginning of Saskatchewan's powwow season. ROSS ROMANIUK/METRO

'A message for city council'

15 LIP projects shelved by resident petitions. City looking for possible options on controversial cost-sharing roadwork program after rejection

SARAH TAGUIAM
sarah.taguiam@metronews.ca

City hall could make changes to its controversial, cost-sharing road reconstruction program after more than half of its recently planned projects were petitioned out by residents who charge that the initiative is unfair and ineffective.

City council's public works committee voted on Thursday to review the local improvement program (LIP), which rebuilds sidewalks, gutters and curbs with joint funding from residents.

The move toward the review was sparked when eight of this year's 15 planned LIP projects were shelved by petitions of residents, many of whom had balked at what would have been costs of thousands of dollars to each of them — on top of their property-tax payments. The motion is going before council on Monday.

"This has got to be a message for city council," said Grant Drive resident Frank Flegel, who helped petition out his street from the LIP.

"Obviously the program's not working and has to be changed," he said.

According to Coun. Barbara Young, residents are slamming soaring costs amidst an increasing property tax as their main concern.

"The cost of asphalt, concrete and construction have gone up since a review was last done in the 1990s," said Young, who put forward the recommendation for the review.

"Also, if you have a corner lot with a lot of frontage, you pay more. Some people think everyone should pay an equal amount."

The review will assess interest rates, how to better communicate the program to the public and examine how LIPs are administered in other Western Canadian cities.

Young is confident that council will approve the review, which she wants to have ready by next year.

"We need to have a plan to fix local roadways," Young said, "and this is the only thing we have right now."

In the meantime, funds originally dedicated to the eight cancelled projects will be reallocated to temporary street repairs, according to Adam Homes, the city's director of roadways and transportation services.

"LIPs are total reconstructions," Homes said.

"Since they're not going forward, we'll use that money to do other overlays."

NEWS 1

More residents interested in buying homes, new poll says

Housing market. Job stability one of the key factors: Expert

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

A growing number of Saskatchewanians are looking to purchase homes, mostly as a result of improving job stability and a strong provincial economy, according to a national poll ordered by the Royal Bank of Canada.

In a significant jump from last year, 21 per cent of respondents in the province said they intend to buy a home in 2014. Only 12 per cent said so in the 2013 survey.

"Whereas it was one-in-10 basically in 2013, we now have one-in-five that intend to buy a home in the next couple of years," explained Richard Schwan, RBC vice-president and mortgage specialist for Saskatchewan, Manitoba and northern Ontario.

One of the biggest factors encouraging more people to explore home ownership, according to Schwan, is improved confidence in their employment situations.

He noted that 53 per cent of respondents said job stability is the "most important" factor in their intentions.

"We have a lot of job stability. We're almost at full employment in Saskatchewan," Schwan pointed out.

According to the findings, a propensity among Saskatchewanians to save more for down payments and a prevailing mood that homes are solid investments are also factors in people pursuing ownership.

Rising prices have played a role too, Schwan said.

"The survey shows that most believe ... housing prices are expected to increase next year," he said.

"They are more interested now to get in before those prices start going up."

Schwan stressed that house prices in Saskatchewan are growing steadily, but not skyrocketing.

"It's been a nice, stable, reliable increase."

The Lean program. Nurses want protection if they speak out

The Saskatchewan Union of Nurses wants the government to protect nurses from recrimination if they speak out about the Lean program that looks for ways to reduce health spending and streamline care.

The union has asked the Ministry of Health to protect nurses from repercussions if they voice concerns over patient safety.

NDP Leader Cam Broten has backed the demand, and has called for an investigation into the matter.

Union president Tracy Zambory said she receives calls daily from nurses who are afraid to come forward with concerns about Lean.

Health Minister Dustin Duncan says they have always encouraged nurses to share concerns.

Premier Brad Wall has said Lean has already paid for itself with savings on two new hospital designs and with ways to reduce wait times.

But Zambory said the program does nothing to address patient safety.

"Registered nurses are the ones who are with the patients who come into the health care system regardless where they enter the most," she said, "and we're the ones who have to speak out to say this is not working."

She also said nurses are reporting they are being intimidated to not speak out.

"They are being told that their social media is being monitored by managers so they better watch their steps," Zambory said.

"I am horrified to hear how nurses and front-line health care workers are being treated within this government's Lean experiment," Broten said in a statement. THE CANADIAN PRESS/ WITH FILES FROM CKRM

Majestics Car Show brings all types of hype

It's a heck of a long ride, one might say, but it gets you where you're going in a very short time. Joan Skopyk takes a moment on Sunday at the Majestics Car Show at Evraz Place to show Metro the rear-engine dragster that she and her husband Richard own, and which he races at Saskatchewan International Raceway in Saskatoon. With a 928-horsepower engine, the approximately eight-metre-long dragster typically hits speeds of about 170 miles per hour during races on a straight, quarter-mile track. These kinds of vehicles, Joan says, are commonly priced at about $35,000 to $85,000 in the U.S. ROSS ROMANIUK/METRO

WHERE WILL THE EMPLOYEES OF TODAY AND TOMORROW COME FROM?
EMERGING LABOUR FORCE TRENDS
April 16, 2014
Conexus Arts Centre • 8 am – 5:00 pm
Register at: www.reginachamber.com
REGINA & DISTRICT CHAMBER of COMMERCE SERVING MEMBERS SINCE 1886
Government of Saskatchewan Ministry of the Economy
saskjobs.ca real careers. real life.
Hillman AV

Ukraine to launch action against pro-Russian forces

Army involvement. 'We're not going to allow Russia to repeat the Crimean scenario,' president says

Emergency meeting

The UN Security Council called an emergency meeting at Russia's request Sunday evening to discuss the growing crisis in Ukraine.

Supporters at a pro-Russian rally beat a pro-Western activist in Kharkiv, Ukraine, Sunday. OLGA IVASHCHENKO/THE ASSOCIATED PRESS

Ukraine is launching a "large-scale anti-terrorist operation" to resist attacks of armed pro-Russian forces, Ukraine's President Oleksandr Turchynov said on Sunday in a televised address.

The authorities in Kyiv will use the army in order to prevent Russian forces from moving in, as they did in Crimea, Turchynov said, pledging amnesty to anyone laying down arms by Monday morning.

"The Security Council has made a decision to begin a large-scale anti-terrorist operation with participation of army forces," he said. "We're not going to allow Russia to repeat the Crimean scenario in Ukraine's east."

Ukrainian special forces exchanged gunfire with a pro-Russia militia in an eastern city Sunday morning, with at least one security officer killed and five others wounded. It was the first reported gun battle in eastern Ukraine, where armed pro-Russia men have seized a number of government buildings in recent days.

Speaking late Sunday on Russian state television, ousted president Viktor Yanukovych accused the CIA of being behind the new government's decision to turn to force, a claim the CIA denied as "completely false."

Unrest has spread to several municipalities in eastern Ukraine, including the major industrial city of Donetsk, which has a large Russian-speaking population and was the support base for Yanukovych. THE ASSOCIATED PRESS

Flight 370

Black box batteries may have died

Following four strong underwater signals in the past week, all has gone quiet in the hunt for the missing Malaysia Airlines jet, meaning the batteries in the plane's all-important black boxes may finally have died.

Despite having no new transmissions from the black boxes' locator beacons to go on, air and sea crews were continuing their search in the southern Indian Ocean on Sunday for debris and any sounds that may still be emanating.

No new electronic pings have been detected since Tuesday by an Australian ship dragging a U.S. Navy device that listens for flight recorder signals. Once officials are confident that no more sounds will be heard, a robotic submersible will be sent down to slowly scour for wreckage.

THE ASSOCIATED PRESS

Green is the colour of success.
We couldn't agree more.

Today, more of Canada's top employers are posting jobs with us. So whether you're looking to move up in your field, or master a whole new one, we can help you get there. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Taxman back. CRA says it's fixed Heartbleed bug

The federal tax agency says its online services are up and running again after it blocked public access five days ago due to the Heartbleed bug.

The Canada Revenue Agency says the security risk has been addressed, but added it will not apply interest or penalties to individual taxpayers filing their 2013 tax returns after April 30 for a period equal to the length of the service interruption.

Revenue Minister Kerry-Lynne Findlay says that means 2013 tax returns filed by May 5 will not incur interest or penalties.

Service has also been restored to all publicly accessible Government of Canada websites, the Treasury Board said in a release.

The Heartbleed bug is caused by a flaw in OpenSSL software, which is commonly used on the Internet to provide security and privacy.

The bug has the potential to expose private data.

THE CANADIAN PRESS

Kansas City

Three shot dead, 15-year-old boy in critical condition

Three people were shot and killed Sunday afternoon in suburban Kansas City, and a spokeswoman for a local hospital said a 15-year-old boy was in critical condition.

Overland Park city spokesman Sean Reilly said two people died at the Jewish Community Center of Greater Kansas City campus and one was killed at Village Shalom, which is a retirement community that is several blocks away from the centre.

Overland Park Fire Department spokesman Jason Rhodes said Sunday afternoon that one person of interest was in custody.

THE ASSOCIATED PRESS

U.S. looking into new Syria toxic gas claims

Opposition-held village. Both sides blame each other for alleged attack that reportedly injured scores of people

The U.S. ambassador to the United Nations said Sunday that reports of a poison gas attack Friday in a rural village north of Damascus were so far "unsubstantiated," adding that the United States was trying to establish what really happened.

Opposition groups, including the main Western-backed Syrian National Coalition, said the poison gas attack at Kfar Zeita hurt dozens of people, though it did not identify the gas used. State-run Syrian television blamed members of the al-Qaida-linked Nusra Front rebel group for the attack, saying they used chlorine gas to kill two people and injured more than 100. It did not say how it confirmed chlorine was used.

An opposition activist said government helicopters dropped a number of barrel bombs on the village that appeared to carry the toxic gas, killing one person and choking about 100 people, many of them in their homes.

In the Syrian capital, President Bashar Assad said the conflict was shifting in the government's favour after a string of government triumphs against rebels. Assad's forces also have struck local ceasefire agreements with the opposition in a number of neighbourhoods, where weary rebels have turned over their weapons in exchange for an easing of suffocating blockades.

THE ASSOCIATED PRESS

Civil defence rescue workers carry the body of a victim of a Syrian government airstrike in Aleppo, Syria. The northern city witnessed intense clashes on Saturday, according to activists. ALEPPO MEDIA CENTER/THE ASSOCIATED PRESS

WHO WINS?
If the Saskatchewan government privatizes food services in correctional and young offender facilities.
Not workers. More than 60 trained and experienced corrections staff will lose their jobs.
Not local businesses. A big, private company is likely to buy bulk from outside sources — cutting out local suppliers.
Not you. Or other taxpayers — government admits it may not save a dime. In fact, we may have to pay more!
Privatizing won't save money or improve security. So why is government willing to put safety on the line?
Help us stop the privatization of correction services before it gets started — by putting pressure on your MLA.
Find out more at:
IfYouLoveSaskatchewan.ca
SGEU

Getting a taste of the new Tangerine

HOW TO ROLL
Alison Griffiths
metronews.ca

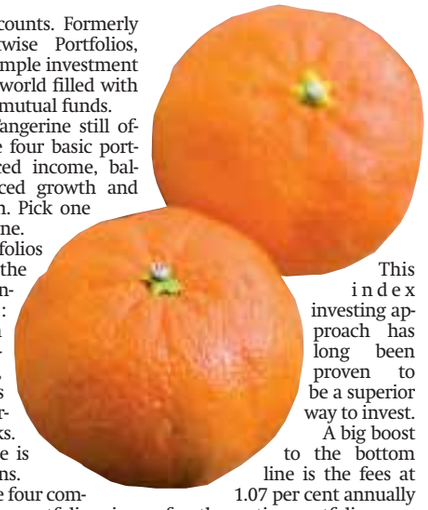
The words love and bank don't often appear together when we talk about financial institutions. One exception is the late ING Direct because of its un-bank-like plain language, straightforward loan process and higher rates on savings accounts than the Big Five.

ING Direct, purchased in 2012 by Scotiabank, rebranded itself as Tangerine on April 8. Seriously? A fruit for a bank?

The name might not inspire confidence but the bosses of the orange-hued bank assure us that the best of ING Direct is still in place at Tangerine.

For investors, this includes one-stop-shopping portfolios for RRSPs, Tax Free Savings Accounts (TFSA) and non-registered accounts. Formerly called Streetwise Portfolios, they offer a simple investment solution in a world filled with thousands of mutual funds.

Happily, Tangerine still offers the same four basic portfolios: balanced income, balanced, balanced growth and equity growth. Pick one and you're done.



The portfolios all contain the same four investments: Canadian bonds, Canadian stocks, U.S. stocks and international stocks. The difference is the proportions.

Each of the four components in the portfolios simply copy or track an index, like the S&P/TSX 60 Index (Canada) or the S&P 500 Index (U.S.). This index investing approach has long been proven to be a superior way to invest.

A big boost to the bottom line is the fees at 1.07 per cent annually for the entire portfolio compared to around 2.25 per cent for Canadian equity mutual funds.

Pick your portfolio

- Balanced income is the most conservative — with 70 per cent in bonds, which are lower risk than stocks, and just 30 per cent divided among Canadian, U.S. and international stocks.
- The least conservative is equity growth with 25 per cent in bonds, 50 per cent in Canadian stocks and 25 per cent in U.S. and international stocks.

Yes, you can invest more cheaply but these portfolios do all the work for you.

Tangerine offers an excellent way for beginning through to seasoned investors to have a diversified portfolio with a single purchase.

Music app

Hubb aims to become Tinder of music industry

Borrowing the addictive "swipe left, swipe right" interface from the popular Tinder dating app, a pair of Calgary entrepreneurs believe their own startup could see the same success and turn the music industry on its head in the process. Hubb Music allows users to browse through potential musical matches, allowing users to either dismiss or add an artist to their collection. The app is expected to be available for beta testing in May. **ROBSON FLETCHER/METRO IN CALGARY**

Oil pipeline

Kitimat residents vote 'no'

The residents of Kitimat, B.C., have voted against the proposed Northern Gateway pipeline project in a non-binding plebiscite. The ballot count from Saturday's vote was 1,793 opposed versus 1,278 who supported the multi-billion dollar project. **THE CANADIAN PRESS**

Saskatoon
June 13, 2014

Regina
June 20, 2014

Check the website for more locations across Saskatchewan.

Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

Register. Volunteer. Donate.
Find out more at **relayforlife.ca/sk**

THE TAX DEADLINE IS ALMOST HERE. YOU SHOULD BE TOO.

The April 30th tax deadline is fast approaching.
So come in today and let our tax professionals get you the most money back, guaranteed.*

We make taxes painle$$

H&R BLOCK®

hrblock.ca 1.800.HRBLOCK

*If H&R Block makes any error in the preparation of your tax return that costs you any interest or penalties due to additional taxes due, although we do not assume the liability for the additional taxes, we will reimburse you for the interest and penalties.

LET'S CURB OUR PARKING ISSUE

URBAN COMPASS

Christina Cherneskey
regina@metronews.ca

The city halls in Saskatoon and Regina have heavy burdens to bear. Our unprecedented growth in Saskatchewan has contributed to a huge problem in the major cities — a shortage of parking space.

In Regina, it's downtown. Most government employees park their vehicles on streets, preventing any sort of actual commerce. Small, local businesses suffer. Many regret even trying to establish themselves downtown.

In Saskatoon, it's City Park. This area is a magnet for health-care workers' cars. Pity the tax-paying residents who cannot even park in front of their homes. City Park has become the city's parking lot.

The City of Regina has a few approaches — it has doubled its number of parking officers to 16, and 10 concentrate on downtown. Drivers still park their vehicles on the streets all weekday long. The price at the meters has also doubled, but it hasn't slowed down the habitual parkers.

Saskatoon's City Park is an eyesore. Council is mulling over an increase in parking meters along Queen Street and a reduction of two-hour parking zones to one hour. More analysis will take place. And the problem will continue to get worse.

Rumour has it that some of the street parkers even have rogue "parking professionals" who move vehicles during the day for those who work at the hospital.

I suspect that both councils are enjoying the revenue that must gush into their coffers when these people are ticketed. What with increased meter rates in Regina, more ticketing constables, higher fines, shorter parking periods, the money should be flowing. But it's not stopping the problem. In fact, it only exacerbates it.

There needs to be extra vision given to this situation. For starters, tag the cars, then tow them. Then set up more transit service from unused parking lots to these busy, over-parked areas. Have dedicated shuttle buses running frequently.

At Toronto's Pearson International Airport, there are more than 40,000 employees. Not one of them can park near the airport. Instead, they park at a distance and are shuttled to Pearson.

By contrast, more than 25,000 people work in downtown Regina. They can park where they like, as they please.

There is no concern for potential customers, existing businesses or those who need to go to banks.

Councils should see this imbalance and err on the side of homeowners and entrepreneurs who bear the brunt of this fiasco. Stop over-studying this and see the situation for what it really is.

Christina Cherneskey is news director at 620-CKRM in Regina

WE ACT:
CANADA DOES GOOD

Ottawa youth worker creates 'ultimate' camp for neighbourhood youth

CONTRIBUTED

Who: Fahd Alhattab, 20, youth mentor, from Ottawa
What: Co-founded the York Street Ultimate March Break Camp, a one-week experience offered free to children from low-income communities.
Why: To pay forward the mentorship and support he received while growing up by mentoring youth in his community.

Arriving in Canada from his native Kuwait in 1998, Fahd Alhattab grew up in a low-income Ottawa neighbourhood and turned to his role models at the Boys and Girls Club for hope and inspiration. In 2011, he teamed up with friend Muhammad Zaman to give back to their community by starting a camp for local youth. This year, the pair raised $14,000 to welcome 60 kids for a week of fun — from science workshops to a field trip to a reptile zoo!

What motivated you and Muhammad to launch the March break camp in your community?
"We loved our school and the neighbourhood, but as we grew up and started volunteering, we recognized how difficult that neighbourhood is for the current youth population. So we decided to start a March break camp for these kids. We assembled a team of friends and colleagues and started planning. It's a little baby of ours, something we're really proud of. It takes work but it's worth it at the end of every year."

How do you feel when you see youth participating in your camp experience? "It feels good, it feels warm! For those of us that can be leaders, it's a responsibility. I'm able to fulfill my responsibility to these kids because someone helped my family get out of the socio-economic distress in that neighbourhood. I owe it to the people who helped me and I owe it to the kids that are here." **CRAIG AND MARC KIELBURGER**

Twitter

@metropicks asked: A family from Ontario has lived the past year like it was 1986. What year would you go back to?

@dasPongo: I would pick 2015. I am from the future ya know.

@Russell_Barth: 1935, when #Marijuana was still legal.

@phil_cpa: O come on. I lived through It with cable tv, a desk top 'puter with games. Try going back to 1867!

@Zaedum: 1985. Hair metal needs to come back.

@StoriesFrom17th: 1997. Name one thing that happened in 97. Exactly.

@speirsr: 1928: That's the year for me. Hot Dance jazz, speakeasies and vaudeville. I could wear spatterdashes!

@PPCSaskatoon: what year was the year of MC Hammer and hammer pants? I pick that year

Follow @metropicks

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

metro AR

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

In this issue, you can find AR enhancements on page 7 in Scene, and page 14 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Wall Dogs of New York

ANDREW FIFIELD
metronews.ca

Vocativ spent a day with what they describe as the true mad men (and women) of New York City advertising: the Wall Dogs, intrepid souls who dangle from the sides of the city's buildings to create hand-drawn murals plugging any number of goods and services.

It's a crazy way to make a living at the best of times. But when you factor in all that time spent labouring under polar vortexes and whatnot, what we're getting is a portrait of some deeply talented artists working in conditions that would make most of our knees tremble.

YOUTUBE SCREENGRAB

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

See that symbol? It means you can scan the photograph below with your Metro News app to see more content. Blood popsicles? Tilda Swinton has a treat for Tom Hiddleston

Ebooks

Every Object Has A Story

By. The Royal Ontario Museum

iBooks

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Here we have 21 museum artifacts artistically interpreted through creative photography and an anthology of short stories by notable authors including Charlotte Gray, Wayson Choy, and Robert Bateman. Although entertaining, somehow the objects themselves have become obscured by the process and it's hard to know what you're looking at. What's missing is the interactive intimacy that an ebook should deliver.

Box office

Captain America beats back Rio 2

With $41.4 million in its second week of release, Captain America: The Winter Soldier held off Rio 2 at the weekend box office. According to studio estimates Sunday, the Marvel superhero narrowly bested the animated family film. Rio 2 debuted with $39 million,
THE ASSOCIATED PRESS

Relationships can be bloody difficult

Only Lovers Left Alive. Tom Hiddleston talks about starring in a post-Twilight saga vampire love story

NED EHRBAR
Metro World News in Hollywood

Only Lovers Left Alive opens on April 25. CONTRIBUTED

With Only Lovers Left Alive, British actor Tom Hiddleston teams up with Tilda Swinton and director Jim Jarmusch to wrestle the vampire genre back from the Twilight crowd, with Hiddleston and Swinton starring as two moody, music-obsessed bloodsuckers who can't live without each other.

Was there any hesitation about stepping into the vampire world?
Absolutely none. It was amazing. I met Jim Jarmusch in November 2011, and I'd just finished shooting Avengers, and I was in New York for War Horse, which was just opening, and I was about to shoot the Shakespeare plays for PBS. So there (were) superheroes and soldiers and Shakespeare, and I met Jim and he said, "I'm going to make a film about love, and it's about two very delicate, sophisticated creatures who love music and poetry and nature. He's a kind of rock star musician who's also a kind of scientist and physicist, and she's a poet. Oh, and by the way, they're vampires (laughs)."

The vampire theme was really a framing for Jim to attempt a narrative about this theme of love, acceptance, time, creativity and mortality.

When you first watched the film with an audience, were you surprised people found it so funny?
It was really pleasing, actually, because we wanted there to be levity and lightness in it, and humour, but not in a way that seemed to be overreaching. We didn't want to seem like we were pandering to the audience in bad taste, which would dilute the integrity of the attempt. And the attempt was really to make something very delicate and sophisticated and refined about love and acceptance and time and art and music and poetry. These are big themes, and we didn't want to seem heavy-handed. Jim wanted to be very light on his feet. So hearing the laughter is thrilling, truly, because when you're delivering deadpan stuff about the literature of the world, you want people to get it.

Swinton or Hemsworth?

We asked Hiddleston if he had to choose between looking at Tilda Swinton or Chris Hemsworth all day, who would he choose. "The dance is different, but I love dancing with both of them," he said laughing.

I loved that John Hurt plays Christopher Marlowe.
Yeah, it's a lovely joke that Christopher Marlowe is still alive and well, living in Tangier with a portrait of Shakespeare on his wall with a knife through (his) head.

SCENE

Connect here, there and everywhere!

SaskTel
Your Life. Connected.™

Twitter

@Joan_Rivers
I've had a rough couple of months. I need to pamper myself. I'm going to the Hermes store for some retail therapy.

@KellyOsbourne
@ParisHilton please grow up there is no need to act like a child you could of happily joined us! it's not 2005 no one cares!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who will take up the truthiness torch?

MELINDA TAUB
Metro World News in New York

"I gotta tell you, I do not envy whoever they try to put in that chair. Folks, those are some huge shoes to fill and some really big pants," Stephen Colbert said last night of David Letterman's retirement. He was, as is his wont, joking, of course; Colbert himself will inherit The Late Show from Letterman in 2015, becoming its second-ever host. But his quip raises a question: Who will replace Colbert, now that The Colbert Report is ending?

Comedy Central hasn't made any announcements — understandable, since the gap in their schedule is still almost a year away. But all these late-night musical chairs have whetted my appetite for more speculation. Here are a few worthy replacements for that plum 11:30 p.m. slot.

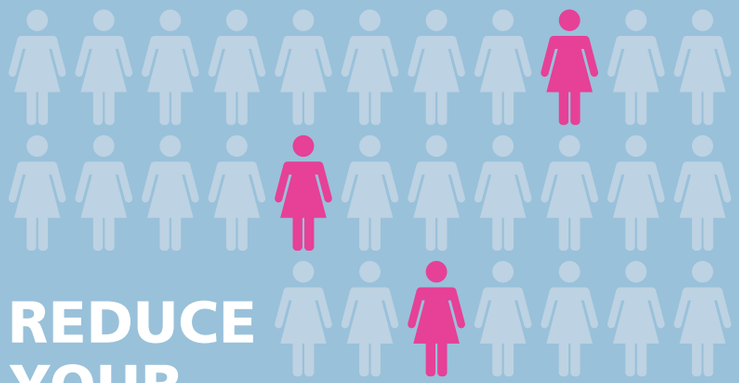
Samantha Bee: The Colbert Report was a rousing success for almost 10 years. Since spinning off a performer from The Daily Show worked once, why not try it again? Bee is hilarious and she's been on The Daily Show forever. She and her husband, fellow correspondent Jason Jones, could do a his-and-hers talk show.

Craig Ferguson: Since Ferguson was passed over for the Late Show throne in favour of Colbert, speculation is rampant that he'll depart CBS when his contract is up next year. Maybe he and Colbert can play musical talk shows and Ferguson can slide into Colbert's old slot. A smaller cable audience might be a better fit for him anyway: He's always had a weird take on the hosting gig. His sidekick is a skeleton.

Chris Gethard: The Chris Gethard Show is a cult favourite public access show that recently taped a pilot for Comedy Central. The strange, go-for-broke show features live calls from fans, a cast of recurring characters like The Human Fish and, occasionally, peril for the host, who's prone to do things like sit in a vat of ice cream for hours and get freezer burn on his skin. The new hole in Comedy Central's schedule hasn't escaped the show's dedicated fans: #GethardAfterDailyShow is already making the rounds on social media.

Reruns of The Colbert Report: I would be fine with 10 more years of Colbert, even recycled Colbert.

APRIL IS CANCER AWARENESS MONTH



REDUCE YOUR RISK

In Canada, one in nine women will be diagnosed with breast cancer in their lifetime and one in twenty-nine women will die from the disease.

There are risk factors out of your control, but you can control your lifestyle risks.

For more information, cbcf.org/prairies

Canadian Breast Cancer Foundation PRAIRIES • NWT ™

Seeing triple?

maxTV | Internet | PVR

Bundle & Save | Visit a SaskTel Authorized Dealer or SaskTel Store | 1-800-SASKTEL | sasktel.com

SaskTel
Your Life. Connected.™

* Offer ends June 30, 2014 and is for the Basic *maxTV* package including High Speed Plus and HD capable PVR. Available to new *maxTV* subscribers. *maxTV* service is available in certain areas of the province. See sasktel.com for details. Some conditions apply.

metro
INSURANCE
Monday, April 14, 2014

Calculating your risks

Protection. When considering buying insurance it is important to weigh the cost versus the risk

Life insurance is important if you have a family that depends on your income to pay the bills. SHUTTERSTOCK

SHELLEY KILMURY
For Metro

Canadians have many insurance options that come in myriad forms, from vehicle, recreation, home, renter's, life, long-term disability, and some opt to ensure themselves and their families in the event of a critical illness.

But why is having insurance a necessity? Buying insurance can have a number of benefits, but the main reason is that it offers a means of being able to protect your finances in the event of an accident, illness, natural disaster and the like. Knowing you will be financially protected should an incident occur is, for most people, well worth the premium associated with insurance policies.

Insurance is very much about calculating risks. When considering buying insurance, it is important to understand the risks involved in not having insurance and weighing the cost versus the risk.

The five top insurance policies to have or consider are:

Life insurance. The critical factor is having financial provisions in place for those you leave behind. This type of insurance is important if you have a family that depends on your income to pay the bills.

Supplementary health insurance policies close the gaps that provincial policies do not cover, such as ambulance, dental, vision and prescription coverage.

No one wants to think they we will ever need it, but long-term disability coverage is important to have in the event one becomes disabled and is unable work. Most employers offer this form of insurance through their group plans, but premiums are often paid in part or in full by employees.

Homeowner/renter's insurance policies cover the replacement of the structure and contents. Some policies also cover the cost of living elsewhere while your home is being repaired.

Lastly, automobile insurance is a must have. In the event of an accident, the fines associated with driving your vehicle without insurance are astounding.

Talk to you insurance provider and prepare for your future and protect your valuable assets.

Home renovations. Every detail affects your policy

With spring underway, homeowners across the country have started to plan their renovations. Whether you intend to make small changes, or do a complete overhaul, you will need to consider a wide array of details — and your insurance coverage should be one of them, say advisers in this field.

As with any significant change, renovations can affect your policy. So, before starting, ask the following questions:

As with any significant change, home renovations can affect your insurance policy. SHUTTERSTOCK

Do I have adequate coverage?
A recent Western Financial Group study showed that only four in 10 homeowners planning a renovation will get advice from their provider.

"While most policies should provide proper coverage, there are always subtle nuances and potential updates to think about," said Denise Lang, a regional vice-president with Western Financial Group.

"By talking to your provider you will ensure that you have the coverage you need."

Am I protected against personal injury?
Renovations can pose a number of risks. Even the most cautious renovator should take into account the possibility of injury from things like heavy machinery, tools, or even falling off a roof.

Again, before beginning, make sure that you understand the dangers you face and the coverage you have.

What type of coverage does my contractor have?
From destruction of your property to damage to a neighbour's, anything can happen during a renovation.

"Your contractor will likely have an extensive liability policy," Lang said. "But it's worth finding out exactly what that entails so you can rest assured that you won't be held liable for any mishaps."

NEWS CANADA

THE INVESTORS GROUP Advantage™

Time...
to think about being your own boss.

At Investors Group, we are ready to help you build your own practice as a financial advisor.

We offer the advantage of...

- Industry-leading training
- Mentorship and support
- Flexibility and independence
- An entrepreneurial environment
- Support for community involvement
- Exceptional income potential

So contact us. Find out why Investors Group has been rated the #1 Full Service Dealer for the past six years.* Together, we can help you achieve personal and professional rewards far beyond those associated with a traditional job.

FOR MORE INFORMATION OR TO APPLY, CONTACT:
DOUG BRAY BA
Regional Director
Investors Group Financial Services Inc.
Tel: (306) 757-1222 | Fax: (306) 757-1096 | Doug.Bray@investorsgroup.com
3705 QUANCE ST E
REGINA SK S4V 3A4
http://investorsgroup.com/en/Doug.Bray/home

www.facebook.com/InvestorsGroup www.twitter.com/Valueoftheplan www.linkedin.com/company/7441 youtube.com/investorsgroupcanada

* Investment Executive, June 2008-2013, www.tinyurl.com/nzlg7zp Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company. This is a full-time opportunity to establish a variable-income and self-employed business in association with Investors Group.
Trademarks, including Investors Group, are owned by IGM Financial Inc. and licensed to its subsidiary corporations.
© Investors Group Inc. 2013 MP1446 (08/2013)

Investors Group

New program rewards good drivers

Ask any driver across the country about what upsets them most about owning their car and chances are they will say insurance. Not only does it seem to go up every year, but there doesn't seem to be a way that a good driver can control their rates.

Until now.

A system called usage-based insurance tracks a driver's habits and analyzes the data in order to calculate any potential insurance savings. It's a program that has been common in the United States, Britain and Europe for several years. Now, Canadians can start taking advantage of this tool.

Desjardins Insurance recently launched Ajusto, its usage-based insurance program. New and existing customers of Desjardins Insurance in Quebec and Ontario will be among the first in the country to use this new program and potentially save up to 25 per cent in addition to other savings offered by Desjardins Insurance. Ajusto will be launched in other provinces over the coming months.

By tailoring premiums to individual driving habits in addition to traditional predictive factors such as age, gender, type of vehicle and home location, drivers can take control of their savings with a new program. SHUTTERSTOCK

"This is truly an innovative and personalized technology that will help transform the traditional model of car insurance," said John West, vice-president of business development at Desjardins Insurance. "By tailoring premiums to individual driving habits in addition to traditional predictive factors such as age, gender, type of vehicle and home location, drivers can now take control of their savings. Our studies show that our employees who participated in the Ajusto pilot program were on track to achieve an average additional savings of 12 per cent."

How does it work?

Ajusto is a free and voluntary program for owners of cars made in 1998 or later with limited exceptions. The driver's habits are tracked through a small wireless telematics device that is easily installed into the vehicle's diagnostic port, usually located under the steering wheel. The data is collected and updated daily into an online dashboard. The customer can then access the dashboard to view a graphic of their savings. This same information is then used by Desjardins Insurance on a confidential basis solely to determine applicable savings upon renewal.

The program measures three factors to determine cost savings:

- Distance travelled annually (up to 10 per cent off)
- Extent and frequency of hard braking and acceleration (up to 10 per cent off)
- Time of day the vehicle is driven (up to five per cent off)

Premiums will not increase as a result of participating in the program nor will it result in any other adverse effects. Customers can opt out of the program at any time and without penalty.

NEWS CANADA

Helpful hints

Shopping for a home can be a fun experience, but with so many associated expenses it can be stressful as well. One item that homebuyers rarely consider beforehand is insurance. Wayne Ross, an insurance expert at Aviva Canada, suggests the following guidelines before making the big purchase:

- Location — If you live in a neighbourhood with a low crime rate you will pay a lower premium.
- Proximity to fire protection — Homeowners who live close to a fire hydrant or fire station will pay lower premiums.
- Heating — If you heat with oil, or own a wood stove, you will likely burn more money on your insurance premium.
- Wiring — Do you have breakers or fuses? Is there old wiring or low electricity flow coming into the house? All affect your insurance costs and eligibility for insurance.

NEWS CANADA

DID YOU KNOW THAT IF YOU CARRY AN INSURANCE POLICY ON YOUR VEHICLE, YOUR GLASS REPLACEMENT OR REPAIR MAY BE COVERED BY YOUR INSURANCE COMPANY?

CAA AVIVA the co-operators A Better Place For You SMI SGI SGI ACCREDITED Portage Mutual Insurance

3 EASY Steps to Replace Your Glass with Novus!

1. Call us to book your repair or replacement. We will contact your insurance agent to take care of all the necessary paperwork!
2. Bring your vehicle over to our clean, friendly, 5,000 square foot facility on the date of your appointment.

*Courtesy rides provided to and from your home or office while we work on your vehicle.

3. Same day service with SATISFACTION GUARANTEED!

Our technicians are a group of experienced professionals that specialize in:

- REPAIR AND REPLACEMENT OF ALL TYPES OF AUTO GLASS, INCLUDING SIDE MIRRORS.
- WE SPECIALIZE IN HOT RODS, CLASSICS AND LUXURY AUTOMOBILES.
- STONE CHIP REPAIR SERVICE AVAILABLE WITH NO APPOINTMENT NECESSARY.
- ON-SITE GLASS REPLACEMENT FOR ALL TYPES OF INDUSTRIAL MACHINERY, INCLUDING LARGE SEMI-TRACTORS IN OUR NEW 2,000 SQUARE FOOT BAY.
- WE OFFER A LIFETIME WARRANTY ON ALL NOVUS STONE CHIP REPAIRS. ASK US FOR DETAILS.

FREE CAN OF PREMIUM STREAK PROOF GLASS CLEANER WITH EVERY REPLACEMENT!

Mobile Glass Replacement for all domestic makes and models, foreign vehicles, industrial vehicles and heavy equipment.

novus Glass Repair & Replacement

260 ALBERT STREET | 306.525.6444
novus@sasktel.net | www.novusregina.com

Kids need money to learn

Allowances. The best way to teach children about money is to give them their own dough to manage

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Allowances provide lessons kids can take to the piggy bank. ISTOCK

Before children can learn to manage money well, they first need to be able to get their sticky little fingers on the stuff. Most people have no problem with that concept. But when it comes to what you should require of your children in exchange for that allowance, the debate rages. Some people feel an allowance should have no strings attached. Others think it should be tied to chores in the home, school grades or behaviour: "If you don't smarten up, I'll cut off your allowance!"

Just as the allowance debate is strongly pro and con on the idea of attaching strings, so too is the debate about whether or not kids should work for their money. Some parents feel that school is a child's job, and any other work detracts from potential success at school. Others think that a part-time job is perfectly fine, while still others believe that a part-time job is essential because it begins the development of a good work ethic.

From early on, children receive mixed messages about money. At home they hear one thing, at school and among their peers, another. Mom does it one way; Dad is the complete opposite. What is consistent is that nobody seems able to agree on the money rules. And often those mixed messages stay with kids long after your parental influence has passed.

I'm of the school that believes that allowances should come strings-free and that it's perfectly fine for children to get a part-time job to supplement their allowance — not to replace it — when they get older.

Think about why you're giving your kid an allowance. The objective should be to teach him money-management skills. The fact that you work hard for your money will be brought home when your child learns relative value — how many hours he has to work to afford that pair of running shoes.

Money doesn't work as a reward for good behaviour. Just ask any of the management theorists who have proven that money is not a motivator for adults. So why should it be for children? Good behaviour is based on an understanding of right and wrong, thoughtfulness, caring and consideration, along with myriad other positive attributes, all of which have to be internalized.

Good grades are your child's responsibility. School is his primary job and good grades are an indication that he is doing his job well. If you provide financial reward for good grades, you are externalizing the reward. Instead, the reward should be internalized: The self-esteem and pride that accompanies having done well.

As for an allowance being payment for chores, who pays you to do the chores in your home? Chores are a part of each individual's responsibility to the family. Payment for regular chores negates a child's individual responsibility as a member of the family unit. (Payment for extra household tasks — those above and beyond a child's normal chores — is fine when they are specifically doing the task to earn some money.)

The biggest problem in tying your child's allowance to the completion of her chores comes on the day when you must withdraw the allowance. Now you're teaching your child, "I have the money and you'll have to do as I say to get some of it!" That's a straight-out power play. "I have the money, so I have the power." A far better tack for children who don't follow through on household responsibilities is to do a like-for-like comparison. "Darling daughter, if you don't make your bed, I'm going to have to. And I only have time to do one thing, make your bed or make your lunch. Which one do you want to do?"

Whatever your own experiences with money as a child, try to put them aside as you begin to teach your children how money works and the role it should play in their lives. To ensure money is not imbued with meanings it should have, don't tie things like self-esteem, power or love to money. Stay balanced when you talk about it. And, above all, figure out what message you want your children to get from your money lessons. For, like it or not, they are learning from you. What lesson would you like your child to learn today?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Let the steady flow of funds begin

To learn how to manage money responsibly, children need a steady flow of funds they can rely on.

- **The experience of handling a weekly allowance will teach many fundamental skills, including how to manage a cash flow, how to plan ahead, the skill of setting goals (both short- and long-term) and how to save to satisfy a goal.**
- **With your guidance, this cash flow can also be used to teach important lessons in borrowing and lending, the pleasure derived from sharing, and how to be a good consumer.**

Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

Register. Volunteer. Donate.

Find out more at **relayforlife.ca/sk**

Saskatoon – June 13, 2014
Regina – June 20, 2014

I got up and I can't get back down!

Best foot forward. Standing while sifting through work can boost productivity

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Start from the feet up and fitness is sure to follow. ISTOCK

Training for the Gobi, I needed to find ways to spend more time on my legs to replicate an average day in the desert. Once in the desert, I would be running for five to eight hours in soft sand each day, as opposed to three to five hours on pavement.

The first steps were simple. I sold my vehicle and stopped taking elevators. And then the big idea came: work standing up. Over the course of a month, I transitioned 20 years of sitting habits into a new routine of working while standing. Here's why and how it can benefit you, too.

Standing eight or more hours a day strengthened my legs and back for the race, and for other activities. And then the following unexpectedly occurred:

1) Standing and walking while at the office helped me lose 30 pounds in three months, "free burning" up to 25 per cent more calories per day (free because it doesn't feel like exercise).

2) Having an open-door policy, more than 30 unplanned meetings occur in my office daily. Without a chair to sit on, these now "stand-up meetings" became very expedient: Everyone got to the point faster, giving me newfound time to focus on other priorities.

3) Live or on the phone with a headset, moving around allowed me to engage my arms and body in my conversations. My energy level increased and consequently so did the intentionality and quality of my conversations.

Some of life's gifts come from being forced to change ingrained habits. Being overburdened like most of you meant I needed to go about my training more creatively. As a result, my training's most precious gift is that I haven't sat since. Walking is a perfect way towards a healthy lifestyle — try it for yourself and let me know how it goes.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

BOMBAY
Indian/Pakistani Restaurant
MONDAY TO FRIDAY LUNCH BUFFET
11:30 AM - 2:30 PM - $10.95
A variety of all of your favorites:
Butter, Tandoori & Chilli Chicken, Chicken Curry, Kadhai, & Vindaloo, Chan Masala, Aloo Gobi & Baigan, Bhindi Masala and more...
Naan Bread, Chutney, Steam Rice, Appetizer, Raita, Salad, and Dessert (Served Everyday).
2143 Albert Street 306.205.4940 www.bombayrestaurant.ca

YOU COULD WIN A SAMSUNG HOME THEATER SYSTEM
metro AR
Find the Club Metro **easter egg** and scan for today's code to enter!
VISIT clubmetro.com TO ENTER
1 DOWNLOAD METRO APP
2 FILL SCREEN WITH IMAGE TO SCAN
3 SCAN EGG FOR CODE
No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached 18 years of age or older. To enter, for complete contest rules, and alternate method of entry visit **www.clubmetro.com**

Sweet, simple maple and pecan tilapia will make for a delightful Passover dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD
From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

For Passover, this is a perfect entrée whereby all the ingredients are kosher for the holiday. Keep in mind the only nuts not allowed are peanuts and sesame seeds. The pecans, honey and maple syrup simmer together until the sauce becomes syrupy and thick.

Immediately pour half the sauce over the fish while it's still warm.

To prevent the sauce from sticking, use parchment paper on your baking sheet. If the sauce becomes too thick to pour, gently reheat. Tilapia is one of the leanest fish with only 129 calories and 2 ½ grams of fat for 3 oz.

Pecans contain vitamin E, which is a natural antioxidant that helps protect against cell damage and fights Alzheimer's, Parkinson's, cancer and heart disease. They are also a naturally good source of protein.

You can always use a food thermometer when cooking fish. Place the prong into the thickest part of the fish, and when the temperature reaches 125°F the fish is medium-cooked. The fish continues cooking for at least 5 minutes after this time, so you don't want to overcook the fish or it will be dry.

Directions

1. Heat the oven to 425°F. Spray a nonstick baking pan with cooking oil or line with parchment paper.

2. Place the pecans in a small, nonstick frying pan and toast over medium-high heat for 3 minutes or until golden and fragrant. Stir in the honey, maple syrup and butter. Reduce the heat to low and cook for 3 minutes or until slightly thickened. Pour half the sauce over the tilapia on the baking pan.

3. Bake the tilapia, cooking for 10 minutes per inch thickness of the fish or until the fish flakes easily when pierced with a fork.

4. Reheat the remaining sauce and serve with fish. Garnish with parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

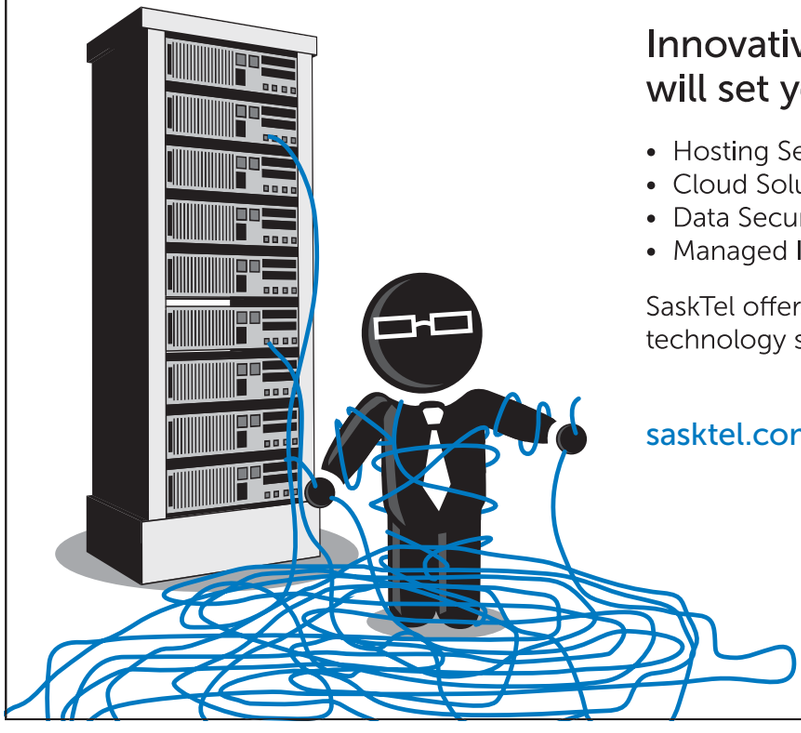
- 3 tbsp finely chopped pecans
- 3 tbsp liquid honey
- 2 tbsp maple syrup
- 2 tsp butter or margarine
- Four - 6 oz portions tilapia (1 ½ lbs)
- Garnish:

3 tbsp fresh parsley

Restrictions

This recipe may not meet all Jewish dietary restrictions.

Tied up with IT issues?



Innovative Business Solutions from SaskTel will set you free.

- Hosting Services
- Cloud Solutions
- Data Security
- Managed IT Options
- Internet and Networking
- Wireless Solutions
- 24/7 Support

SaskTel offers a suite of information and communications technology services to help your business succeed.

sasktel.com/business

SaskTel
Your Life. Connected.™

Bubba bursts rookies' bubbles

The Masters. Watson holds off first-time Augusta competitors Spieth, Blixt for his second green jacket

Adam Scott presents Bubba Watson with the green jacket after Watson won the 2014 Masters Tournament by a three-stroke margin at Augusta National Golf Club on Sunday in Augusta, Ga. It was Watson's second time winning the Masters after earning his first green jacket two years ago. Scan the above image with the Metro News app to see how he celebrated this time around. ANDREW REDINGTON/GETTY IMAGES

Bubba Watson's second Masters title was nothing like the green jacket he won two years ago.

The only daring shot Watson hit was one he really didn't need. The wild swing in momentum came on the front nine, not the back nine of Augusta National. And the sweetest difference of all Sunday was seeing his two-year-old son walk toward him on the edge of the 18th green after his three-shot victory over Jordan Spieth.

Watson turned in another masterpiece and joined an elusive group as the 17th player to win the Masters more than once.

He turned a two-shot deficit into a two-shot lead on the final two holes of the front nine, then kept Spieth, 20, and everyone else at safe distance the rest of the way. Watson closed with a 3-under 69 to beat a pair of Masters rookies in Spieth and Jonas Blixt of Sweden.

Two years ago, when he hit that wild hook out of the trees on the 10th hole to win in a playoff, his wife and newly adopted son were watching at home in Florida. This time, young Caleb was decked out in a green-and-white striped Masters shirt and green tennis shoes as he waddled over to his father.

"This one's a lot different," Watson said. "The first one, for me, it was almost like I lucked into it."

After high-fiving the crowd on his way to sign his card, Watson returned to Butler Cabin to take back that green jacket he slipped on Adam Scott a year ago.

"After giving it away last year, I wanted it back," Watson said. "I told Adam we could just swap it back and forth every year."

Spieth, trying to become the youngest Masters champion, could only watch from the side of the green.

He dazzled the massive crowd early by holing out for birdie from the front bunker on No. 4, and making back-to-back birdies to build a two-shot lead through seven holes. Bidding to become the first player in 35 years to win a green jacket in his first try, Spieth looked to be well on his way.

But he three-putted for bogey on No. 8 — his first 6 on his card all week — as Watson got up-and-down for birdie to tie for the lead.

Spieth closed with six pars for a 72 and tied for second with Blixt, who never went away but never really threatened. Blixt shot a 71.

THE ASSOCIATED PRESS

MLB

Jays' bats show life supporting Buehrle

Mark Buehrle allowed one run over seven innings to win his third straight start, and the Toronto Blue Jays hit three home runs and had a season-high 17 hits in an 11-3 victory over the Baltimore Orioles on Sunday.

Jose Bautista hit a three-run drive and Colby Rasmus and Brett Lawrie had solo shots to help Toronto win the decisive matchup of the three-game series.

Rasmus, Edwin Encarnacion and Adam Lind each collected three hits for the Blue Jays, who enjoyed their highest scoring game of the year at the expense of Ubaldo Jimenez (0-3) and three Baltimore relievers.

Buehrle (3-0) gave up five hits, walked none and struck out two. The left-hander has allowed only two runs in 21 innings, an 0.86 ERA.

THE ASSOCIATED PRESS

UFC

Humphries goes to fight school

Used to battling tight corners at speeds well in excess of 100 km/h, Olympic bobsled champion Kaillie Humphries tried her hand at handling a pair of top UFC fighters Sunday.

Welterweight Rory (Ares) MacDonald and middleweight Francois Carmont were on their best behaviour, serving as benign training partners as top coach Firas Zahabi gave Humphries an introduction to mixed martial arts paces before a small crowd at a Quebec City mall, ahead of Wednesday's Ultimate Fighter Nations Finale UFC card. THE CANADIAN PRESS

DeRozan fires on all cylinders to top Pistons

Raptors centre Jonas Valanciunas defends against Pistons forward Kyle Singler in Auburn Hills, Mich., Sunday. CARLOS OSORIO/THE ASSOCIATED PRESS

DeMar DeRozan scored 14 of his 30 points in the fourth quarter, and the Toronto Raptors tied a franchise record for victories with a 116-107 win over the Detroit Pistons on Sunday.

The Raptors (47-33) had already clinched the Atlantic Division, and the victory over Detroit was their 10th in 14 games. Toronto has now reached the 47-win mark for the third time. The Raptors went 47-35 in 2001 and 2007.

Kyle Lowry scored 28 points for Toronto before fouling out with 5:51 remaining.

On Sunday

Raptors	Pistons
116	107

Andre Drummond had 14 points and 17 rebounds for the Pistons in the final home game of their dismal season. Detroit's Josh Smith missed a fourth straight game with tendinitis in his left knee.

Detroit trailed by as many as 18 in the first half but rallied to take the lead late in the third quarter. But no matter what the Pistons did, DeRozan always seemed to have an answer in the fourth.

DeRozan's three-point play put the Raptors ahead 97-95 and started an 11-2 run. His emphatic, right-handed dunk made it 107-99 and thrilled the vocal contingent of Toronto fans who were in attendance. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may not be in control of what happens today but you can control the way you react to it. The more colleagues and loved ones mess you around the more you must strive to not let it get to you.

♉ Taurus
April 21 - May 21
You may have your suspicions about someone but the planets warn this is probably not the right time to go public with them. You should keep your thoughts to yourself, at least for the time being.

♊ Gemini
May 22 - June 21
Be careful with your cash because wealth planet Pluto begins one of its retrograde phases today. What does that mean in plain language? It means you could easily make a costly mistake.

♋ Cancer
June 22 - July 23
Do as you please over the next 24 hours and don't worry too much about the consequences. A day or two from now everyone will be on your side again, so why worry?

♌ Leo
July 24 - Aug. 23
Don't try too hard to stay on top of your workload today. The deadlines you have set yourself are unnecessary — no one will think less of you if you fail to meet them.

♍ Virgo
Aug. 24 - Sept. 23
The message of the stars this week is you must not start anything you may not be able to finish. Don't make promises you may not be able to keep. If you don't aim so high you'll look good when you do more.

♎ Libra
Sept. 24 - Oct. 23
Disruption of one sort or another is inevitable today. Whatever happens, keep telling yourself it's not as bad as it seems and promise yourself that you will keep your emotions in check.

♏ Scorpio
Oct. 24 - Nov. 22
This is not a good time to make hasty decisions, not with Pluto, your ruler, beginning one of its retrograde phases. What seems like a good idea today may turn out to be the one thing you should have avoided, so take care.

♐ Sagittarius
Nov. 23 - Dec. 21
There will be times over the next few days when you seem out of your depth but that is not an excuse to give up. If you do you will likely regret it as the planets bring new self-belief and new opportunities.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto, planet of power, turns retrograde in your sign today, which among other things suggests that your grip on certain situations may not be as strong as you thought.

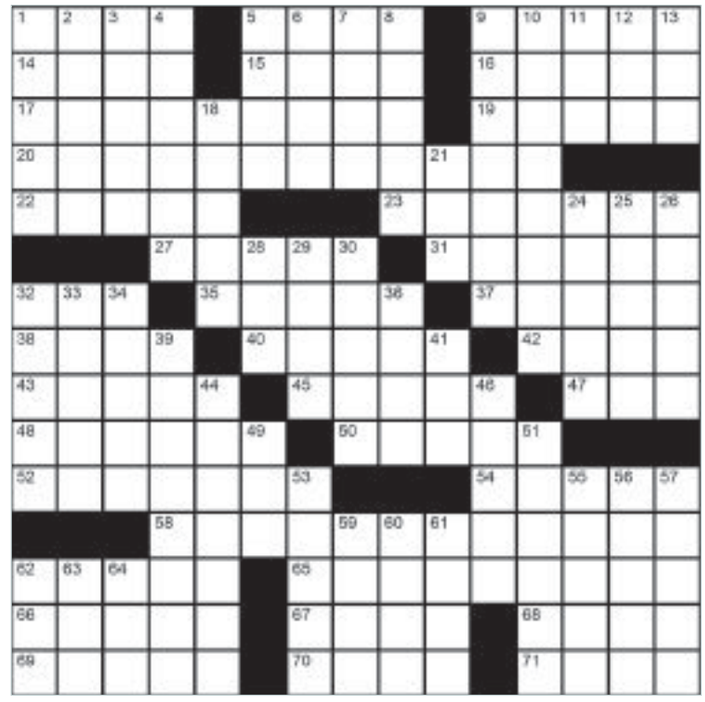
♒ Aquarius
Jan. 21 - Feb. 19
Be careful what you decide today because once you have made up your mind about something the planets won't let you change back again.

♓ Pisces
Feb. 20 - March 20
No matter how self-reliant a Pisces you may be you must make an effort to work hand-in-hand with other people over the next few days. You will create a lot of useful goodwill. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

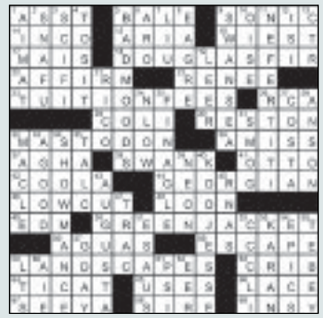
BY KELLY ANN BUCHANAN



Across
1. Greatest extent
5. Things saved for tax purposes, for short
9. Composed
14. Lab gel
15. Zest
16. Board, like Paul Simon's bus rider Gus: 2 wds.
17. Vancouver-born star of the 1976 to 1983 series at #39-Down: 2 wds.
19. "Melrose Place" star Rob
20. The ___ ___ (Novel by Carol Shields which won the Governor General's Award in 1993)
22. Crowd
23. Dog breed, Nova Scotia Duck-___ Retriever
27. Jeff ___ (Montreal-born philanthropist/entrepreneur who was eBay's first President)
31. Capital city of Niger
32. Corporate executives, e.g.
35. Irish writer's surname, b.1865 - d.1939
37. Embark
38. Basra's country
40. Pastas alternatives
42. Bygone bird
43. Persist
45. Arrives
47. '_' ___ for Ottawa
48. More blood-and-guts-ish
50. Fragrant flower
52. Speaks frankly: 2 wds.
54. Style
58. In 2011, this city was hit hard by an earthquake. Today, it's a stop on Prince William and Kate's royal tour of New Zealand.
62. President between Clinton and Obama ...nicknamed
65. Hamilton nickname: 2 wds.
66. Make hair wavy
67. Eke ___ living
68. Languish
69. One being quoted
70. Geek
71. Pre-plant form

Down
1. Overly tough
2. "_ ___ ___ the gym three times a week..."
3. Toil, States-spelling
4. They're hot
5. Taken back [abbr.]
6. Nero's 152
7. "Bye!"
8. Huff
9. Pop a ___, as per stunt bike riding
10. BC: West Kootenay city in The Rockies
11. Check a box
12. Foot part
13. Nav. rank
18. Strongly smelly
21. Particle
24. Right Said Fred's "___ ___ Sexy"
25. "___ _ say more?"
26. Greek sandwiches with tzatziki sauce
28. Poet's 'atop'
29. Secular
30. Mil. rank, ___. ___.
32. Horoscope sign
33. Ahead-of-surgery, hip-style
34. "___ bleu!"
36. Half
39. Jack Klugman's medical examiner role show, "___, _._."
41. Quebec seasoning
44. Change form
46. Mr. Baron Cohen
49. Sci-Fi play
51. Bunches
53. Mountaineer's spike
55. "The Lone Ranger" (2013) name
56. Movies: ___ stealer
57. Rip
59. Andrew or Elisabeth
60. 'Four'-meaning prefix
61. Avril's rocker hubby
62. Gladiator's 700
63. Mr. Geller
64. Smidgen

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1		6				8		4
	4	9	5		1	3	6	
5								2
			8		2			
	6			5			1	
			9		6			
6								5
	5	1	4		7	6	2	
8		3				7		1

Friday's Sudoku

URBAN
BLIND CLEANING
Is the open road beckoning you?
Bring your RV blinds to us and we will get them CLEANED and REPAIRED before that first outing.
We repair blinds and carry a variety of parts and cording
Urban Shade & Shutter
306-565-1869
1920A Francis Street
Regina, Sk, S4N 6B3

Available at: OLD FASHION FOODS

LUNDBERG FAMILY FARMS

Wholesome, Healthy, Delicious.

We pride ourselves on growing rice that is good for you and the environment.

OLD FASHION FOODS *Picture of Health* EXPO 2

Friday, April 25th 2014 – 3pm – 9pm and Saturday, April 26th 2014 – 8:30am – 6pm
at the **Italian Club** 2148 Connaught Street, Regina **FREE ADMISSION* WITH DONATION**

LOTS OF PRIZES! GRAND PRIZE **VITAMINS FOR A YEAR***
*12 - $50.00 Gift Certificates (one a month for 12 months)

THE 1st. **100 PEOPLE** EACH DAY RECEIVE A **FREE GIFT!**

SPEAKERS EVERY HOUR

Go to: **www.oldfashionfoods.com** for speakers, topics, dates & times & more information

Your health food store and so much more…

OLD FASHION FOODS LTD.

501 Victoria Ave.
(306) 352-8623

447 Albert St.
(306) 924-3134

3976 Albert St.
(306) 585-2144

4123 Rochdale Blvd.
(306) 545-4699

2425 Quance St. E.
(306) 789-4055

405 Souris Ave. Weyburn
(306) 842-3003

FREE DELIVERY on orders over $25, weekday afternoons

50% OFF
OLD FASHION FOODS BRAND

B 75 B Complex 90's → Sale $12.95
Non-Flush Niacin 60's → Sale $9.50
Cal/Mag (1:1) 90's → Sale $9.25
Herbal Laxative 90's → Sale $4.50

No other discount applies.
Sale ends May 31, 2014 while supplies last!